New Course Request

Indiana University
South Bend Campus

Check Appropriate Boxes: Undergraduate credit [X] Graduate credit [ ] Professional credit [ ]

1. School/Division School of Education
2. Academic Subject Code  EDC  
3. Course Number M358 (must be cleared with University Enrollment Services) 4. Instructor
5. Course Title Health and Wellness for Teachers
   Recommended Abbreviation (Optional)
   (Limited to 52 Characters including spaces)
6. First time this course is to be offered (Semester/Year): Fall 2003
7. Credit Hours: Fixed at 2.0 or Variable from ________ to ________
8. Is this course to be graded S-F (only)? Yes [X] No [ ]
9. Is variable title approval being requested? Yes [X] No [ ]
10. Course description (not to exceed 50 words) for Bulletin publication: This course provides health and wellness information and stresses the role of early and middle childhood teachers in promoting good health and physical fitness, providing a safe environment, and understanding basic nutrition concepts. The effects of these health and wellness concepts on child development and learning are examined.

11. Lecture Contact Hours: Fixed at ______/week or Variable from ________ to ________
12. Non-Lecture Contact Hours: Fixed at 0 or Variable from ________ to ________
13. Estimated enrollment: 300/year of which 0 - 5 percent are expected to be graduate students.
14. Frequency of scheduling: Fall/Spring/Summer (approximately 10 sections per year)
15. Justification for new course: Meeting new licensing requirements for early and middle childhood.
16. Are the necessary reading materials currently available in the appropriate library? Yes
17. Please append a complete outline of the proposed course, and indicate instructor (if known), textbooks, and other materials.
18. If this course overlaps with existing courses, please explain with which courses it overlaps and whether this overlap is necessary, desirable, or unimportant.
19. A copy of every new course proposal must be submitted to departments, schools, or divisions in which there may be overlap of the new course with existing courses or areas of strong concern, with instructions that they send comments directly to the originating Curriculum Committee. Please append a list of departments, schools, or divisions thus consulted.

Submitted by:

C. Sprague
Department Chairman/Division Director
Date 3/10/2003

Approved by:

C. Sprague
Date 4/14/03

Dean

Dean of Graduate School (when required)

Approved: Education Council

S. W. Krieman 3/13/03

University Enrollment Services

Date

After School/Division approval, forward the last copy (without attachments) to University Enrollment Services for initial processing, and the remaining four copies and attachments to the Campus Chancellor or Vice-President.

U PS 92 University Enrollment Services Final—White; Chancellor/Vice-President—Blue; School/Division—Yellow; Department/Division—Pink; University Enrollment Services Advance—White

C. Sprague
Date 10/3/03

C. Sprague
Indiana University South Bend, School of Education

Course Name: Health and Wellness for Teachers (2 cr.)
Course Number: M358

Course Description: This course provides health and wellness information and stresses the role of early and middle childhood teachers in promoting good health and physical fitness, providing a safe environment, and understanding basic nutrition concepts. The effects of these health and wellness concepts on child development and learning are examined.


Course Objectives: INTASC principles are coded for each objective. Principles, coded “P”, are attached to syllabus. Objectives are also linked to the IPSB standards 1-8, which can be viewed at http://www.IN.gov/pbs.

Upon completion of the course, students will be able to:

1. Discuss the foundations of good health and wellness. (P1)
2. Assess the safety of a situation in order to minimize injuries to children. (P2, 7)
3. Identify community resources related to health and wellness. (P10)
4. Discuss current health issues that impact children’s development and learning. (P2, 8)
5. Design a physical fitness program for children in grades P-6. (P5, 9)
6. Integrate health, safety, physical fitness and nutrition concepts into a Wellness Project. (P3, 4)

Course Requirements:

1. Attendance and participation are extremely important. Many of the topics we discuss in class and the activities we complete include information and research from other sources.

2. There will be a midterm and final evaluation.

3. Readings from the text are listed in the course outline. The information should be read prior to coming to class.

4. Students participate in three school-related safety simulations involving potentially hazardous situations. Students will identify potential hazards and suggest ways to minimize children’s risk of injury. Students will reflect, in writing, on their experiences in these simulations.
5. Students will visit five (5) community agencies related to health, safety, physical fitness and nutrition. Students will interview staff at each agency and compile a resource list of services offered. Lists will be shared with classmates via LiveText.

6. Students will submit a Wellness Project at the end of the semester. The Project will be completed during the course of the semester. The student will develop and implement a plan that allows them to adopt a healthier behavior of their choice (nutrition, health, physical fitness or other related health issues such as alcohol or tobacco).

Class Schedule

Week one: Overview of Health and Wellness concepts
Health Assessment Tools

Week two: Infectious process and effective control

Week three: Communicable and acute illnesses-identification and management

Week four: Chronic illnesses and management

Week five: Creating and managing a safe environment

Week six: Management of accidents and injuries; first aid basics

Week seven: Child abuse and neglect

Week eight: Physical Fitness

Week nine: Healthy eating

Week ten: Eating disorders

Week eleven: Food safety and nutrition

Week twelve: Mental health and stress

Week thirteen: Environmental, social and cultural factors related to health and wellness

Week fourteen: Alcohol, Tobacco and other drug use

Week fifteen: Sharing community resources and Wellness Projects
### Grading:

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**Grading Scale**

- A = 93-100%
- B = 83-92%
- C = 73-82%
- D = <= 73%

### References:


**Related Web Sites**

Center for the Advancement of Public Health
[http://safety.gmu.edu](http://safety.gmu.edu)

Centers for Disease Control and Prevention
[http://www.cdc.gov](http://www.cdc.gov)

Kidsource Online
[http://www.kidsource.com](http://www.kidsource.com)

United States Department of Agriculture